TAZIKI'S®

MEDITERRANEAN CAFE

Menu

DINE-IN & TO-GO

TAZIKISCAFE.COM

Appetizers

*SERVED WITH **SOFT PITA** OR **BAKED PITA CHIPS***
(EXCEPT HUMMUS SERVED GLUTEN-FREE AND DOLMADES)

TAZIKI DIP
Greek yogurt, cucumber, dill, and a hint of lemon define this refreshing classic
4.99 (500 / 620 cal)

MEZEDES PLATTER
Hummus and Taziki Dip served with Dolmades
7.99 (1,140 / 1,190 cal)

DOLMADES
Grilled hand-rolled grape leaves (3), stuffed with seasoned rice, grilled onions, and Taziki's special herbs
5.49 (540 cal)

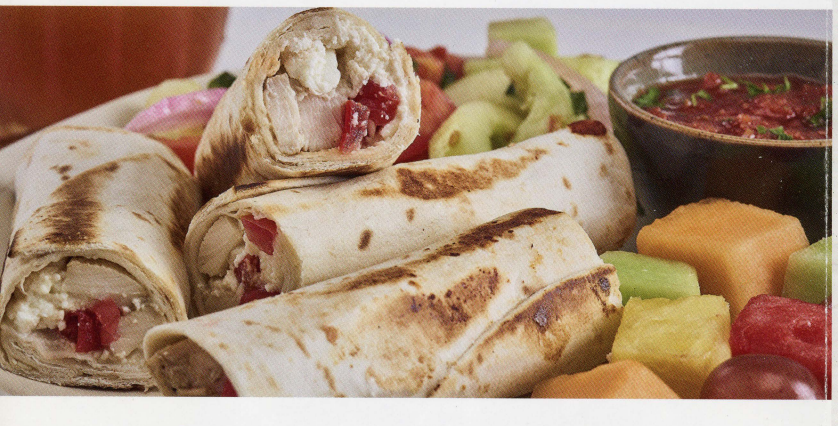
WHIPPED FETA
Our housemade feta cheese blend, with spices and honey, plus a sprinkle of parsley to finish.
5.99 (980 / 1020 cal)

HUMMUS
Pureé of chick peas, tahini, touch of cumin, and lemon juice
4.99 (690 / 810 cal)

HUMMUS SERVED GLUTEN-FREE
Served with carrots, celery, squash, and sliced cucumbers
5.79 (350 cal)

SPICY PIMENTO CHEESE
Grated sharp cheddar, mayo, diced red peppers, and a hint of Tabasco
5.29 (1,050 / 1,160 cal)

HUMMUS TRIAS*
Signature hummus served 3 ways:
Original • Basil Pesto • Rustic Tomato
6.99 (840 / 960 cal)



Mediterranean Deli

*SERVED WITH **CHIPS** & **CHOICE OF A HEALTHY SIDE***

GRILLED CHICKEN ROLL-UP
With tomato and feta in a griddled flour tortilla, served with fresh salsa
7.99 (680 – 920 cal)

BEEF TENDER**
With grilled onions, melted swiss, and horseradish on a kaiser bun
9.09 (920 – 1,160 cal)

GRILLED TILAPIA WITH CAPER-DILL SAUCE
Grilled and served with tomato and lettuce on a kaiser bun
8.99 (750 – 990 cal)

TOMATO-BASIL*
Feta, tomatoes, fresh basil, and Basil-Pesto Sauce, griddled on wheat bread
6.79 (720 – 960 cal)

GRILLED CHICKEN
With feta cheese and grilled onions on a kaiser bun
7.99 (590 – 830 cal)

THE TURKEY AND EGG**
Mayo, swiss, and mixed lettuce on toasted buttermilk bread
7.99 (990 – 1,230 cal)
add bacon • **50¢** (+210 cal)

HOMEMADE CHICKEN SALAD
Chicken, celery, and grilled red onions on mixed lettuce and tomato on toasted wheat bread
7.99 (740 – 980 cal)

SPICY PIMENTO CHEESE
With mixed lettuce on toasted buttermilk bread
6.99 (1,010 – 1,250 cal)

TURKEY CLUB CIABATTA*
Hickory bacon, swiss cheese, pesto aioli, tomatoes, and mixed lettuce on fresh ciabatta
8.99 (1,130 – 1,370 cal)

Hand-Crafted Gyros

*SERVED WITH **CHIPS** & **CHOICE OF A HEALTHY SIDE***

GRILLED CHICKEN GYRO
Taziki Sauce, tomatoes, mixed lettuce and grilled onions
7.99 (580 – 820 cal)

LAMB & SKORDALIA GYRO
Skordalia Sauce, roasted red peppers and grilled onions
9.99 (780 – 1,120 cal)

GRILLED CHICKEN BASIL-PESTO GYRO*
Homemade basil-pesto, tomatoes and feta
7.99 (720 – 960 cal)

GRILLED BEEF TENDER GYRO**
Taziki Sauce, tomatoes, mixed lettuce and grilled onions
9.09 (670 – 910 cal)

GRILLED VEGGIE GYRO*
Pesto aioli, tomatoes, zucchini, squash, grilled red peppers, grilled onion and feta
7.99 (790 – 1,030 cal)

GREEK SALAD GYRO
Tomatoes, cucumbers, roasted red peppers, red onions, mixed lettuce, feta and Greek dressing
5.99 (770 – 1,010 cal)
Add grilled chicken • **8.99** (+80 cal)

Most Popular Item

GRILLED LAMB GYRO**
Taziki Sauce, tomatoes, mixed lettuce and grilled onions
9.99 (710 – 950 cal)

Soups & Salads

HOMEMADE GREEK LEMON CHICKEN SOUP

SOUP
3.99 (300 cal)

SOUP & SALAD
7.99 (580 – 690 cal)

GREEK SALAD
Fresh mixed lettuces, tomatoes, cucumbers, roasted red peppers, red onions, feta, pepperoncini, kalamata olives and Greek dressing
7.29 (410 cal)

MEDITERRANEAN SALAD*
Fresh mixed lettuces with garbanzo beans, roasted red peppers, red onions, diced tomatoes, roasted pecans, feta and homemade Balsamic Vinaigrette
7.29 (630 cal)

TAZIKI'S CAESAR SALAD
Fresh mixed lettuces with grated parmesan cheese, croutons and Caesar dressing
7.29 (330 cal)

with GRILLED MEATS

CHICKEN
9.99 (110 cal)

TURKEY BREAST
9.99 (120 cal)

LAMB**
11.19 (280 cal)

BEEF TENDER**
10.79 (210 cal)

HOMEMADE CHICKEN SALAD
9.19 (240 cal)

with SEAFOOD

TILAPIA
10.49 (170 cal)

SHRIMP
12.19 (140 cal)

SALMON**
12.99 (530 cal)

Favorite Salad & Protein

MEDITERRANEAN SALAD with SALMON**
12.99 (1,160 cal)

CHICKEN SALAD & COMPANY
Homemade Chicken Salad paired with your choice of any 2:
Pimento Cheese, Pasta Salad, Tomato-Cucumber Salad or Fresh-Cut Fruit
9.19 (480 – 1,050 cal)

GRILLED VEGGIE PLATE
Grilled zucchini, squash, red peppers, red onions, asparagus, and tomatoes with Taziki Sauce, served on a bed of basmati rice, salad mix, and feta with Balsamic Vinaigrette
8.99 (830 cal)

DOLMADES PLATE
Grilled hand-rolled grape leaves (4), stuffed with seasoned rice, served with Greek salad, Taziki Sauce and pita chip
8.99 (950 cal)

Taziki's Feasts

*SERVED WITH **GREEK SALAD**, **BAKED PITA CHIP** & YOUR CHOICE OF **ROASTED NEW POTATOES** OR **BASMATI RICE***

GRILLED MEATS

GRILLED CHICKEN BREAST
Served with our homemade Taziki Sauce
9.99 (660 / 770 cal) ● ●

CHARGRILLED LAMB**
Served with our homemade Skordalia Sauce
12.69 (900 / 1,020 cal) ● ● ●

GRILLED BEEF TENDER**
Served with our homemade Horseradish Sauce
11.99 (980 / 1,090 cal) ● ● ●

HERB-ROASTED PORK LOIN
Served with our famous Tomato Chutney Aioli plated with grilled asparagus
10.99 (1,520 / 1,640 cal) ● ● ●

SEAFOOD

GRILLED SALMON**
Atlantic salmon, seasoned and chargrilled to perfection
13.99 (1,060 / 1,170 cal) ● ● ●

GRILLED TILAPIA
Served with our original Caper-Dill Sauce
11.49 (850 / 960 cal) ● ● ●

GRILLED SHRIMP
Seasoned and grilled with lemon juice, butter, and just a touch of blackened seasoning
12.19 (670 / 790 cal) ● ●

For the Kids

*ALL KIDS MEALS ARE SERVED WITH **FRESH FRUIT** OR **CHIPS***
(EXCEPT CHILD'S FEAST)

SNEAKY TAZIKI
Chicken, choice of cheese in grilled tortilla
3.99 (300 – 410 cal) ●

CHILD'S FEAST
Grilled chicken, basmati rice and fruit
4.50 (400 cal) ●

MEDITERRANEAN TURKEY MELT
Grilled turkey and cheddar on griddled pita
4.25 (490 / 590 cal) ●

GRILLED CHEESE
American cheese on toasted buttermilk bread
3.89 (450 / 550 cal) ● ●

Healthy Sides

FRESH-CUT FRUIT (50 cal) **TOMATO-CUCUMBER SALAD** (60 cal)
POTATO CHIPS (150 cal) **ROASTED NEW POTATOES** (170 cal)
PASTA SALAD (280 cal) **BASMATI RICE** (290 cal)

Nutrition Guides

GUIDES TO HELP MAKE THE BEST CHOICES FOR YOURSELF
(EXCLUDES SIDES)

● < 25 grams of fat ● < 30 grams of carbs ● > 30 grams of protein

ASK HOW WE CAN ACCOMMODATE YOUR ALLERGY OR DIETARY NEEDS.

The markers below indicate items that can be prepared gluten-free, vegetarian, or vegan, upon request.

● Gluten-Free ● Vegetarian ● Vegan

A 2,000 calorie daily diet is used as the basis for general nutrition advice but calorie needs may vary. Additional nutrition information available upon request and at Tazikiscafe.com

* *ALLERGEN WARNING: OUR MEDITERRANEAN SALAD, PESTO, & BAKLAVA CONTAIN NUTS.*

** *NOTICE: CONSUMING RAW OR UNDER COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS, ESPECIALLY IF YOU HAVE A MEDICAL CONDITION.*

Daily Specials

*SERVED WITH **CHIPS** & **CHOICE OF A HEALTHY SIDE***
(EXCEPT FRIDAY — SUNDAY, SIGNATURE PASTA)

Monday CHICKEN PORTOBELLO SANDWICH
Grilled chicken, red peppers, swiss cheese, and mushroom butter on a kaiser bun
8.69 (800 – 1,040 cal) ●

Tuesday ROASTED PORK LOIN SANDWICH
With Tomato Chutney Aioli, tomato and lettuce on a kaiser bun
8.69 (920 – 1,160 cal) ●

Wednesday SPANAKOPITA ROLL-UP
Grilled chicken, fresh spinach, and feta in a griddled flour tortilla, served with fresh salsa
8.69 (720 – 960 cal) ● ● ●

Thursday TAZIKI'S TACO
Grilled tilapia with crunchy slaw, Spicy Herb Sauce, and diced tomatoes in a flour tortilla, topped with a lime
8.69 (730 – 970 cal) ● ●

Friday - Sunday TAZIKI'S SIGNATURE PASTA
A bed of mixed lettuces with penne pasta and grilled chicken, tossed in our homemade Balsamic Vinaigrette, topped with tomatoes, feta, and fresh basil
8.99 (1,350 cal) ● ●

To-Go Meals DINNER for 4

PLEASE CALL IN ADVANCE
CALORIES LISTED BY PER PERSON SERVING

*INCLUDES **GREEK SALAD** WITH **DRESSING, ROASTED NEW POTATOES** OR **BASMATI RICE,** AND CHOICE OF **SOFT PITA** OR **BAKED PITA CHIPS***

GRILLED CHICKEN BREAST
Seasoned and served with our Signature Taziki Sauce
26.99 (780 / 900 cal) ● ● ●

WHOLE BAKED CHICKEN
Slow roasted whole chicken stuffed with fresh rosemary and lemon
** Two hour notice required **
27.99 (1,460 / 1,580 cal) ● ● ●

HERB-ROASTED PORK LOIN
Served with our famous Tomato Chutney Aioli
28.99 (1,600 / 1,720 cal) ● ●

CHARGRILLED LAMB**
Sliced and served with our rich, homemade Skordalia Sauce
31.99 (1,050 / 1,170 cal) ● ● ● ●

FRESH GRILLED VEGETABLES
Grilled zucchini, squash, red peppers, red onions and asparagus
5.00 (40 cal) ● ● ● ● ●

Desserts

BAKLAVA*
From Hellas Bakery
2.75 (350 cal) ●

CHOCOLATE CHIP COOKIES
Two fresh baked cookies
1.99 (400 cal) ●

DARK CHOCOLATE CAKE
Scratch made, with Richmond icing
2.75 (470 cal) ●

MACADAMIA NUT COOKIES
Two fresh baked cookies
1.99 (420 cal) ●

Beverages

SOFT DRINKS & ICED TEA
2.19 (0 – 270 cal) — 20 oz, Free refills

BOTTLED WATER
.99 (0 cal)

SEE STORE FOR BEER & WINE OPTIONS

A 2,000 calorie daily diet is used as the basis for general nutrition advice but calorie needs may vary.

Call for Catering

BIRMINGHAM • 205.380.4344

WE DELIVER FOR GROUPS OF 10 OR MORE

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CHACE LAKE • 205.682.6999
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ALABASTER • 205.216.3465

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